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## Lesson 04: Learning Styles

### Lesson Objectives

By the end of the lecture, learners should be able to:

- Define the concept of **learning styles**.
- Differentiate between various **types of learning styles** and their features.
- Distinguish between **learning styles** and **learning strategies**.

### 1. Introduction

Learners differ in the way they **perceive, process, and retain information**. With modern education shifting toward a **learner-centered approach**, teachers are encouraged to vary their **teaching techniques** to address students' diverse needs.

However, while teachers should adapt their instruction, **students also need to understand their own learning preferences**. Awareness of one's learning style can greatly enhance motivation, comprehension, and academic achievement.

### 2. Definition of Learning Styles

According to **Cornett (1983)**, learning styles are *"the overall patterns that give general direction to learning behavior."*

In other words, a **learning style** is the **preferred way** an individual learns, processes, and retains information.

- Each learner has a unique style—visual, auditory, or kinesthetic—that shapes how they interact with knowledge.
- Understanding one's learning style can make learning **more effective, personalized, and enjoyable**.

### 3. Learning Styles vs. Learning Strategies

- **Learning Styles:** Broad, general approaches to learning (e.g., visual, auditory, or kinesthetic).  
→ They reflect **how** learners prefer to learn.
- **Learning Strategies:** Specific techniques or actions used to complete tasks (e.g., note-taking, summarizing, repeating).  
→ They reflect **what learners do** to achieve learning goals.

According to **Cohen (2003)** and **Oxford (2003)**:

- Styles are **global preferences**, while strategies are **context-specific behaviors**.
- **Chamot (2005)** adds that strategies are the mental and communicative **procedures** learners employ to understand and use language.

In language classrooms, learners constantly face new and challenging tasks; therefore, they inevitably use **strategies** that fit their **styles** to solve problems and understand input.

### 4. Types of Learning Styles

Educational researcher **Neil Fleming (1987)** identified three main learning styles:

1. **Visual (Spatial)**
2. **Auditory (Aural)**
3. **Kinesthetic (Physical)**

These styles correspond to how individuals best process information — through **sight, sound, or touch/movement**.

## 4.1. Visual Learners

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### Characteristics:

- Prefer images, diagrams, charts, maps, and colors.
- Learn best by **seeing information** and **visualizing relationships**.
- Have strong spatial awareness and enjoy visual aids and graphic organization.

### Strengths:

- Excellent at organizing visual information.
- Good memory for written or graphical material.
- Prefer neatness, color-coding, and structured materials.

### Weaknesses:

- Struggle with information presented only verbally.
- May lose focus when unable to take notes or draw diagrams.

### Study Tips for Visual Learners:

- Take detailed notes during lectures.
- Create diagrams, mind maps, or color-coded outlines.
- Use slides, charts, and visual summaries.
- Stay organized with visual reminders (sticky notes, planners, etc.).

## 4.2. Auditory Learners

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### Characteristics:

- Learn best by **listening** and **speaking**.
- Prefer lectures, discussions, and podcasts.
- Use **repetition** and **mnemonics** to memorize information.

### Strengths:

- Strong verbal communication skills.
- Can recall information heard during lessons.
- Enjoy storytelling, discussions, and oral explanations.

### Weaknesses:

- Distracted by background noise.
- Struggle in silent environments or when not allowed to discuss ideas.

### Study Tips for Auditory Learners:

- Participate actively in discussions.
- Read aloud or use recordings to review lessons.
- Ask questions and engage in dialogue to reinforce understanding.
- Use rhymes, songs, or verbal summaries to memorize material.

## 4.3. Kinesthetic Learners

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### Characteristics:

- Learn through **hands-on experiences**, movement, and physical activity.
- Prefer experiments, role plays, and practical tasks.
- Often energetic and expressive; may find it hard to sit still for long.

### Strengths:

- Remember information gained through action and physical engagement.
- Excel in sports, drama, lab work, and crafts.
- Motivate others with enthusiasm and energy.

### Weaknesses:

- Struggle with long, sedentary lessons.
- Have difficulty staying focused when movement is restricted.

### Study Tips for Kinesthetic Learners:

- Use gestures or physical movement when studying.
- Take breaks and move around during study sessions.
- Practice through real-life simulations, experiments, or games.
- Combine study with physical activity (e.g., pacing while reciting notes).

### **Conclusion**

Recognizing and understanding learning styles is a vital step toward effective learning. It empowers both teachers and students to **create a balanced educational environment** that values individual differences and promotes **independent, reflective learning**.